

March 2009 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Wednesday 25 Feb **Table Tennis at Llanishen Leisure Centre.** Drinks after in the Ty Glas pub. Contact Lyndon on 029 2075 6122. This replaces the pancake night advertised for Tuesday 24.
- Sunday 1 **Daffodil Walk at Dyffryn Gardens** • Enjoy the gardens for free on St. David's Day. Meet Kevin either at the Red Lion, Bonvilston 1.00 – 2.00 p.m., or 2.30 p.m. at Dyffryn Visitor Centre for the start of a guided garden walk. Contact Kevin H. 029 2076 2407.
- Tuesday 3 **Cardiff International Swimming Pool.** An evening's swim. **Meet 6.45 p.m. in the ISP main foyer.** Drinks from 9.00 p.m. at The Oyster Catcher, Terra-Nova Way, Penarth. For further details contact Sian D on 01446 719 697.
- Sunday 8 **Small COGs walk.** Contact Gaby and Pedro for more details on 01656 742 962.
- Sunday 8 **Llanbedr Horseshoe Walk ••• (12 miles).** Taking in the highest point on the Black Mountains, Waun Fach also Pen Cerrig Calch, and Table Mountain. Panoramic views over the National Park. **Meet 8.30 a.m. Chapter. BPL.** Contact Chris on 2023 8576.
- Tuesday 10 **British Geological Survey Talk** on the geology of Wales: hard rock, soft rock and heavy metal. **8.00 p.m. Chapter.**
- Sunday 15 **Wenallt and Tongwynlais Walk ••** (9 miles), incl. Travellers' Rest, and pre-Norman Castell Morgraig. **Meet 10.00 a.m. Sainsbury's car park** (near supermarket entrance), Excalibur Dr, Thornhill. **BPL.** Contact Tony R. 029 2074 7743 or 07813 874 976.
- Tuesday 17 **Badminton.** Contact Phil S. on 029 2075 7820.
- Fri 20 – Sun 22 **To the Back(pack) of Beyond ••••.** A region steeped in droving history: Friday night Llandovery, Saturday over Mynydd Mallaen with a camp at Ffarmers, near Dolaucothi goldmines. Pubs both nights. Names to Steve B on 07812 586 949.
- Sunday 22 **Ross on Wye Walk ••** (8 miles). A varied circular walk in the hills around Ross on Wye at north end of the Wye Valley 'gorge'. Good views. Possible pub stop on route for refreshment. **Meet 9.30 a.m. Chapter. BPL.** Contact Brian D. on 029 2049 4645.
- Tuesday 24 **Three Peaks Briefing.** A chance for new volunteers to find out what's involved and for seasoned regulars to hone procedures. **8.00 p.m. Chapter.**
- Saturday 28 **Three Peaks Trial.** Your assistance is needed to help those hill-hungry hordes raising cash for local good causes. If you are able to help, please contact Viv on 2076 3810.
- Tuesday 31 **The Gardens of Wales.** An exhibition of acrylic paintings by COG member Pauline, with works by other artists. **Meet 7.30 p.m. Llanover Hall Arts Centre,** Romilly Road, Canton. Drinks from 9.00 p.m. at Chapter. Contact Pauline 029 2071 1476.

Forthcoming events: **Early Spring Bank Holiday, 1-3 May 2009, at Pantyrathro Independent Hostel, Llansteffan.** Walk in the footsteps of Dylan Thomas as we explore Laugharne and the Tywi estuary. Contact Sian on 01446 719 697 or shannycelt@hotmail.com.

22 – 25 May **Anglesey YHA Late May Bank Holiday Weekend.** A new hostel, situated between Holyhead and Trearddur Bay. Circular walks along the coast path and island cultural visits planned. £48 for 3 nights from Friday 22 May. £10 deposit required asap with balance required by Easter. Contact Enid on 029 2065 5253 or enid.lewis@ntlworld.com.



For more details, contact:

Sian (Chair) 01446 719 697
Viv (Secretary) 029 2076 3810
Bob G. (Membership) 029 2020 4165

Fancy organizing a walk, a weekend, or an event? Please contact the programme organizers below. Your ideas are very welcome:

Weekends: Rhona 029 2086 0181
Tuesdays: Bob N. 029 2057 5229

Meeting point for walks: Chapter main entrance, Market Road, Canton, Cardiff, CF5 1QE. If you would like to bring children (under 17) or dogs, please check with the event organiser.

Walk grading:

- easy
- moderate
- strenuous
- very strenuous

BPL = bring a packed lunch

New members always welcome
www.cardiffoutdoorgroup.org.uk